Benito worldwide

Some of the projects we have done



Gironella has a new calisthenics park of 200 square meters with a wide variety of exercise equipment, such as parallel bars, rings, pull-up bars, and a wall bar.

Barcelona

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BENITO
–Playground Equipment

Barcelona

Gironella has a new calisthenics park of 200 square meters with a wide variety of exercise equipment, such as parallel bars, rings, pull-up bars, and a wall bar.



Mixto B
JSW17



Mixto C
JSW18



Pommel Horse
JSW09



The park is located in the sports area of Gironella, next to the football field and the municipal swimming pool, making it an ideal place for outdoor exercise and improving physical fitness. Calisthenics exercises involve using one's own body weight to develop strength and muscular endurance. This type of training is highly effective and requires no special equipment, making it accessible for anyone and can be done anywhere.

The new calisthenics park in Gironella features a variety of exercise equipment, including parallel bars, rings, pull-up bars, and a wall bar. These pieces of equipment are particularly beneficial for functional workouts, engaging different muscle groups using body weight. Additionally, they promote flexibility and enhance coordination and balance.

The calisthenics park in Gironella is a free and open space for the public, allowing anyone to use it. It's an ideal place for exercise, relaxation, and enjoying the outdoors.

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